## Learn to Live, Live to Learn

## We <br> writers ...

Maths

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MEDICATION IN SCHOOL
We have recently reviewed our approach to administering medication (antibiotics) at our two sites. From Monday 4th February the following revised guidelines will apply for all parents.
For any medicines where administration is for $3 x$ a day, this should be happening before and after school and there is no need for the school to be involved. First dose - a.m. before school. Second dose - p.m. straight after school.
Third dose - p.m. before bed. Parents will appreciate that the advice on prescriptions recommends the amount of doses, it does not normally recommend the times.
This is obviously not always the case, and sometimes medications do need to be administered at more specific times. Parents will still need to complete and sign the medication consent form for the school to administer medication but the expectation will be that the medicine is collected each day from the school office. The school will no longer accept decanted bottles, which some parents have in the past done. Parents will then need to return the medication the next day, although they will not need to complete the consent form again.

## Open School

Many thanks to all those parents who were able to pop into school for a few minutes to have a look at some of the learning their children have been doing in school over the last few weeks. It was lovely that so many parents were able to come in. We do appreciate, that with children at two sites, timings can be a little tight for parents who want to invest a proper amount of time in looking at their children's learning. Please remember though, that you can do this at any time by just talking to the class teacher and arranging a suitable time to come in.

## Year 6 Football Match

Well done to our footballers in Year 6 who played against Prettygate Juniors yesterday. Prettygate were 10-0 up at half time so a mixed friendly second half was played and the boys had fun. As always our children's behaviour was exemplary and they represented SJG with pride.


## FIZZ FREE FEBRUARY

Fizz Free February is coming to Colchester for the first time will your family \#gofizzfree? Friday 1st February marks the start of Fizz Free February meaning it's time to ditch sugary drinks for 28 days.
Launched by Southwark Council in 2018, Fizz Free February is a great way to reduce your family's sugar intake by cutting out fizzy drinks. Through this campaign, Colchester Borough Council and livewell Colchester aim to raise awareness of the health implications of drinking fizzy drinks which often contain high amounts of sugar. Latest data Public Health England on the nation's diet shows that sugar now makes up $13.5 \%$ of 4 to 10 year-olds and $14.1 \%$ of teenagers daily calorie intake respectively, while the official recommendation is to limit sugar to no more than $5 \%$.
To join in, encourage your pupils to pledge to give up fizzy drinks for 28-days and tweet us your progress using \#gofizzfree. You can also take part by signing up on the website or just by going it alone!
Website: https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/fizz-free -february
https://www.sugarsmartuk.org/news/
fizz free february 2019/
Twitter: \#gofizzfree

No matter how many mistakes you make or how slow your progress. You're everyone who isn't trying.

Assembly Theme for Next Week:
Have a Positive Attitude

## The 'Right' we will be focusing on this Half

 Term is Article 42:You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

## The way we

talk to our children becomes their inner voice.


## I Science Week

 Next week is Science and Computing week. Ask your children which experiments they have carried out and which computing
| learning they have experienced. It should be a fun and engaging week

## Awards

Year 6 (Trinovantes) - Sophie Olivera-Smith (MM) Year 6 (Cymbeline) - Joshua Stanley-Kerr (MM) Year 5 (Oysters) - Riley Thompson (RR) Year 5 (Magnets) - Archie-Lee North (MM) Year 4 (Castle) - Brendan Collier (RR) Year 4 (Cavalier) - Riley Noellen (RR) Year 4 (Garrison) - Lilly Humphrys (MM) Year 3 (Dutch) - Charlie McLaughlin (MM) Year 3 (Iceni) - Grace Freebody (CC) Year 3 (Paxman) - Shaniel Campbell (RR) Year 2 (Mercury) - Mathilda Vote-(CC) Year 2 (Claudius) - Samuel Cornell (MM) Year 2 (Romans) - Olivia O'Malley (MM) Year 1 (Eagles) - Zachary Thompson (MM) Year 1 (Circus) - Pashton Asifzai (MLM) Year 1 (Roses) - Izabel Brazington (RR) Foundation (Chariot) - Jayden Lafferty (RR) Foundation (Star) - Isla Meenzies (MLM) Foundation (Jumbo) - Summer Hayward (RR)

Attendance - Paxman

